



## **Why Is Productivity Important? 7 Reasons to Be More Productive**

Diane Laffoon 0:00

Do you ever feel like you don't have enough time in the day? That's because you probably don't. Most people squander their days wasting time on things that really don't matter. And if you want to get more out of life, it's crucial to be more productive. Let's talk about seven reasons, productivity is very essential to living.

Hi, if we've never met before, I'm Diane Laffoon. And I'm here with your Joy Tip of the Week. I help stressed out women make minor changes in their lives, so they feel less anxious, and more fulfilled. So they are better able to choose joy each day.

You know, we all have the same 24 hours, seven days a week, but some people are more productive than others. So why is productivity so important? Well, first, being more productive gives you more control over your own life. When you're productive, you're in control of your time, which is a precious commodity. And too often, we feel like we're at the mercy of our work, our obligations, our surroundings. But when you're productive, you can take charge and get things done on your own terms. It will boost your confidence and ultimately give you more control over your own life. Also, when you have more control over your life, it will free you up for more personal pursuits, like learning something new or taking up an activity like cycling or painting. Don't let life circumstances take away the control you have over your own time.

Next, you want to be more productive for the sake of being able to enjoy life. Unmotivated, people tend to miss out on the kinds of activities that give them joy, like spending quality time with friends and family, relaxing at home, gardening or cooking healthy meals, reading books, or going on vacation.

And when you're productive, and you accomplish tasks each day, then you can devote downtime towards having even more fun, you'll be able to stop feeling guilty about taking time for yourself when you're productive and in control of your life. And you're freed up to do those things that give you joy. Even if you only have a little bit more free time. You know, you can always go and have coffee with a friend. Or sometimes you might have an entire afternoon to read a book.

Being more productive can also make you healthier. When you're not productive, maintaining a healthy lifestyle is much more challenging. When you're busy, you indulge in fast food and processed foods to give yourself that energy boost. And usually that's short lived and unhealthy. But when you're more productive, you have time to take care of your body and do things like eating healthy meals or going for walks. When you have productivity. When you're more productive and doing things you can prioritize healthy habits like staying hydrated, getting a good night's sleep every night. All of these habits are essential to maintaining good physical health.

When you're more productive, you're better able to achieve your goals. It's much easier to make progress towards your goals when you're productive. And when you achieve those small milestones that are along the way of getting your dream job, dream job or getting that home that you enjoy. You're creating an environment that you love. That is even better for your self esteem than if you had just coasted through life, hoping that good things would happen to you one day. One of my favorite authors Dale Partridge talks about creating a life that you don't need a vacation from, and I agree with him. He said, "Stop creating a life that you need to vacation from. Instead, move to where you want to live now, do what you want to do. Start what you want to start and create the life that you want to live today. This isn't a rehearsal people, this is your life."

I just love that it's time to stop hoping for that big windfall or that perfect job and start creating the life that you don't need to take a vacation from because you love it so much.

Next, you want to be more productive, because it will prevent stress and anxiety. And we all like less stress in our lives, don't we? We spend too much time worrying about how we don't have enough time. That worry time could have been more productive. So instead of being overwhelmed by everything on your to do list, find out what is most important to get done right away and then make sure that gets done. It's so much more satisfying to check things off your list than worrying about what is still left undone. And when you focus on what's important to you and get it done. You'll feel better about yourself, you'll decrease your stress levels, and you won't have that awful feeling of having no clue what's happening in your life anymore.

Number six, when you're more productive, it makes you smarter. Actually, when you are productive, it makes you exercise your brain just like when you exercise your body. Being productive is actually similar to learning a new language or playing an instrument because it's all about how understanding how your mind works. And when you prioritize tasks and projects, your brain is working and exercising. For example, if you're trying to be more productive, and you pick up a new habit like using the Pareto

Principle, that's the 80/20 principle, then over time, your brain is going to get better at making efficient use of its time in general. And if you can master your mind, there is no limit to what you can accomplish in the world. Napoleon Hill wrote this, it's so great "what the mind of a man can achieve and believe or I'm sorry, what the mind of a man can conceive and believe it can achieve." So exercise that brain by becoming more productive, there's no end to what you can achieve.

Next, be more productive to allow yourself to make the most of your time. The only thing that we are guaranteed is to have a finite amount of time. That's the only thing we're guaranteed of. You might think that you'll live forever, but nobody's immortal and someday, your time is going to run out. My 82 year old mom likes to remind us that time is fleeting, especially quality time. And being productive is about using your time wisely instead of worrying about what you didn't get done, or regretting what you should have accomplished. The more productive you are, the more good you can do in this world, before you no longer have the opportunity. Dictionary.com says productivity is being able to generate, create, enhance or bring forth goods and services.

I believe productivity is key to living the life of your dreams. And if you're ready to live a more fulfilling life, then I invite you to join me for The G.I.F.T. Method masterclass. This free online event will help you go from feeling like all is lost in your work life balance game, to having everything figured out with ease. And it doesn't matter where you are in the process. There's something for everyone looking for support on their journey towards mastering productivity and achieving goals faster than ever before.

Join me tomorrow Wednesday, January 5th, for The G.I.F.T. Method masterclass. It's a free masterclass, but you must reserve your spot, you have to save your spot to attend. I'll put a link below so that you can reserve your spot right now.

During this free masterclass, you'll discover what I call The G.I.F.T. Method. It's a step by step tutorial on how to find hidden time, so you can create more joy every day of your life. We'll talk about creating a blueprint, a blueprint for how you want your life to look your dreams for your life, and how you choose to live each day. We'll talk about the best way to get focused and live your best life now. Instead of waiting for your busy days to pass. And to have the best day ever you need to fuel your body with a strategy to fall asleep and stay asleep every night. We'll talk about that too. And finally, there's include we include a plan for multiplying your time while decreasing your level of stress so that you have more time to spend with family friends and doing the things that you love to do.

I hope you'll join me for my free masterclass The G.I.F.T. Method where you discover what it has taken me years to figure it out. The G.I.F.T. Method has been crucial to giving me the ability to choose joy every day. Thanks for watching. I hope to see you tomorrow for The G.I.F.T. Method masterclass. And I'll see you next Tuesday for your Joy Tip of the Week. I pray you seek faith, give love, find hope and choose joy.



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